Mr. and Mrs. James Allen Godsey, Jr.

McFadden, Godsey wed

The marriage of Sandra Carol McFadden to James Allen Godsey, Jr., took place April 28, 1984 at 7 p.m. at the Church of God of Prophecy.

The bride is the daughter of Mr. Clyde Thomas McFadden and the late Mrs. Margaret Fitzgerald McFadden.

The groom is the son of Mr. James A. Godsey, Sr., and Mrs. Ella Mae Godsey.

The bride was given in marriage by her father.

Calvin Godsey, brother of the groom, served as best man.

Matron of honor was Cindy L. McCormick, cousin of the bride.

Ushers were Joseph L. McFadden and Thomas McFadden.

The couple will reside in Appomattox.

CHARLES WAYNE MOORE, JR., (Little Charlie) was named "Photo Master 1984" Saturday, April 28 at a pageant at the Appomattox Woodmen of the World Building. He is the three-year-old son of Charles and Freda Moore of Gladstone, and the grandson of Mr. and Mrs. Moar Moore, Sr., of Gladstone, and Kay Totty and Carl Bryant of Gladstone. His great-grandparents are Mr. and Mrs. Herman Woody of Gladstone, Jessie Bryant of Gladstone, and Mrs. Francis Moore of Appomattox.

Times-Virginian

SOCIAL

Miss Tweedy engaged

Robert O. Tweedy of Lynchburg and Betty D. Mann of Rustburg announce the engagement of their daughter, Monica DeVonne Tweedy to Roger Lee Mayberry, son of Peggy C. Henderson of Pamplin and Henry Twyman Mayberry of Evergreen.

Miss Tweedy is a graduate of Jefferson Forest High School and is employed by Central Virginia Training Center.

Mr. Mayberry is a graduate of Appomattox County High School and is an employee of Allen-Morrison, Inc.

No wedding date has been set.

Elizabeth Fay Jones

Photo by Joe Vaughan

UDC slates meeting

The Appomattox chapter of the United Daughters of the Confederacy will meet Thursday, May 19 at noon at Maude's Restaurant.

All officers and committee chairmen are asked to bring a summary of this year's work to the meeting, in order that reports for the state division meeting may be completed.

Announces birth

Mr. and Mrs. Ronnie Guthrie proudly announce the birth of their daughter, Cherie Oleana, April 27, 1984 at 1:58 p.m. She weighed eight pounds, 13 ounces at birth. She has a proud brother, Ronald Dustin.

Grandparents are Mr. and Mrs. Lloyd Ferguson of Gladstone, Mr. and Mrs. Coleman Guthrie of Brookneal, and Mrs. Ann Deavers of Warrenton.

Great-grandparents are Mr. and Mrs. Elisha Ferguson of Appomattox, and Mr. and Mrs. Dan Bryant of Appomattox.

Miss Jones to marry

Mr. and Mrs. Dewey L. Jones of Pamplin announce the engagement of their daughter, Elizabeth Fay, to Robert Daryl Holt, son of Mr. and Mrs. Robert W. Holt of Phenix.

Miss Jones is the granddaughter of Mr. and Mrs. Roy Jones of Pamplin.

Miss Jones is a graduate of Appomattox County High School and is employed by United Virginia Bank in Lynchburg.

Mr. Holt is a graduate of Lynchburg College and is employed by the Bedford County Juvenile Court Service Unit.

The wedding is planned for June 16 at 7 p.m. in Elon Baptist Church in Pamplin. Friends and relatives are invited to attend.

Competes in contest

Ashley Christine Farris, 3, the daughter of Michael and Kitty Farris of Appomattox, competed in the second annual Appomattox Beauty Pageant held at the Woodmen of the World Building on Saturday, April 28. She was sponsored by Wilkes' Jewelers and Appomattox Hardware Company.

Ashley competed in the Appomattox Princess event, modeling jeans and party gown, winning second place in this category. In addition, she competed in the Appomattox Beauty event, modeling sportswear and party gown and won second place. She was first-place winner in the photogenic competition and received a special award, The Shannan Epperson Star Baby Award. She competed with children ages two through four.

The granddaughter of Johnny and Mable Simpson of Appomattox and Wallace and Delores Farris of Lynchburg, Ashley has been competing in local pageants since 22 months of age.

Ashley Christine Farris

Photo by Mike Farris

Fergusons announce birth

Mr. and Mrs. Keith Ferguson of Lexington, N.C. are the parents of a daughter born April 28 at Community General Hospital in Thomasville, N.C.

Megan Paulette, who weighed 7 pounds and 1½ ounces at birth, is the granddaughter of Mr. and Mrs. George C. Franklin and Mr. and Mrs. John T. Ferguson.

Her great-grandparents are M. D. Julian Franklin and Mrs. John R. Ferguson. Megan has a brother, Kevin, 3. Her mother is the former Paula Franklin.

Coffmans announce birth

Mr. and Mrs. David Coffman and Ryan would like to announce the birth of a son and brother, Mark Henry, on April 24, 1984. Mark weighed seven pounds and nine ounces.

Maternal grandparents are Mr. and Mrs. Ralph H. Combs; paternal grandparents are Mr. and Mrs. Milton Coffman, all of Woodstock. Maternal great grandparents are Mr. and Mrs. Victor Kilopp, also of Woodstock.

Read The Times-Virginian Weekly

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12 Noon Til 3 P.M.
Adults..........$5.95
Children........$2.75
under 10 Years
It's a wonderful way to top off her holiday! After the gifts are opened, and all the cards are read, she'll especially enjoy a relaxing dinner here on Mother's Day.
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Mother's Day Specials

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LADIES 5-10
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Triangle Plaza Shopping Center - Appomattox
HOURS: MON-SAT — 10-6
OPEN FRIDAY 'TIL 8 p.m.

Read The Times-Virginian Weekly

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DIXIE BELLE LINGERIE
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Hamburger, fries, drink

Fast foods are not all 'junk' foods

By SHIRLEY W. WALTON
Extension Agent

Good News For Homemakers — HOME ECONOMICS

Fast foods are not all junk foods. Consumer selections and demands are slowly changing the menus at fast food outlets around the nation. One often hears that fast foods are junk foods. This is not true. Actually, fast foods are full of nutrients buy they are not necessarily the ones that a person may want to consume in great quantities.

For example, fast foods can provide too much fat, sugar, sodium and calories for those individuals who are watching their calories and their weight. Did you know that approximately 140,000 fast food outlets in the United States account for 45 percent of the eating-out places available to hungry consumers? This is why we need to be very much aware of what is being served and where.

Americans spend approximately $23 billion a year on hamburgers, french fries, shakes, pizza, chicken and tacos from the fast food menus. Careful selection of the fast food offerings can help prevent an inexpensive convenience from becoming a dietary danger.

A recent U.S. Department of Agriculture study found that most fast food entrees, fries and sauces to be high in fat, while the desserts and shakes were high in both fat and sugar. These fast food entrees were also low in fiber, which is an important element in a good dietary plan.

By adding salad bars, some fast food chains have increased the nutritional benefit of their meals. The high sodium content of most fast foods also can be a drawback for people who must restrict sodium intake. One fast food meal can supply all the sodium a person should have for a 24-hour period of time.

Other fast food chains are adding things such as baked potatoes which are very nutritious and other items to go with the baked potato, such as broccoli, cheese, bacon, etc. Our fast food places are definitely going creative and trying to reach consumers' needs.

A consumer can enjoy fast food meals and reduce potential nutritional disadvantages by following these tips:

1. Eat a variety of foods instead of one favorite all the time.
2. Add plenty of fruits, vegetables, whole grain and dairy products to the meals eaten at home.
3. Maintain ideal body weight. Fast foods can be high in calories. Choose the small, instead of the large size fries to reduce calories. The same holds true for the calories-laden shakes and soft drinks sweetened with sugar. Why not try unsweetened coffee or tea? Better still, why not order milk?
4. Try to avoid excessive amounts of fat. Do without the mayonnaise and fatty sauces.
5. Eat foods with starch and fiber, such as vegetable salad ingredients.
6. Substitute skim milk or orange juice for soft drinks.

Making informed food choices is difficult if fast food outlet only offers a limited menu, but consumer requests can lead to changes. Because the growth of the fast food industry has slowed, competition between chains is getting stronger and the firms are making every effort to please their health conscious consumers. Consumers are demanding more information about nutrition and the industry is certainly responding.

If you have a homemaking question or problem, you may call 352-8244 or you may write P.O. Box 488, Appomattox, VA 24522.

Have a good day and a good week!

RECIPE OF THE WEEK
Peanut-butter Criscrosses

1 cup shortening
1 cup granulated sugar
1 cup brown suger
1 teaspoon vanilla
2 beaten eggs
1 cup peanut butter
3 cups sifted enriched flour
2 teaspoons soda
Dash salt

Thoroughly cream shortening, sugars, and vanilla. Add eggs, beat thoroughly. Stir in peanut butter. Sift dry ingredients; stir into creamed mixture.

Form into tiny balls; place on ungreased cookie sheet. Press with back of a fork to make crisscross. Dough may also be rolled and cut if desired.

Bake in moderate over (374°) 10 minutes. Makes 8 dozen cookies.

Events planned for homemakers

NATIONAL EXTENSION HOMEMAKERS WEEK
May 6 - 12, 1984
"BUILDING FOR THE FUTURE"
Extension Homemakers Show You How - River Ridge Mall, Lynchburg, Va.
May 11 - 12 1984

The City of Lynchburg and the counties of Amherst, Campbell, Bedford and Appomattox Extension Homemakers Clubs will salute area homemakers May 11 - 12 at River Ridge Mall, Lynchburg.

The Extension Homemakers' program offers continuing education in self-development and all aspects of home and community living.

During the two-day exhibit, titled, "Building For The Future," the nine major programs of work the clubs promote through their educational programs will be emphasized.

The programs include:

1. Citizenship and Community Outreach.
2. Public Relations.
3. Cultural Arts, Textiles, and Clothing.
4. Family Resource Management.
5. Family Relations and Child Development.
6. Housing, Energy and Environment.
7. International.
8. Safety and Emergency Preparedness.
9. Health, Food and Nutrition.

The Appomatox Extension Homemakers' Clubs are in charge of exhibits in Cultural Arts, Textiles, and Clothing and Family Resources Management.

Master Gardeners will provide information on gardening, soil testing and other topics.

Stop by the membership booth to find out how you may become part of this international organization.

The following is a list of demonstrations that will be presented by Appomattox County Extension Homemakers:

In the area of Quilting, Patch Work Quilt will be shown from 10 until 11 a.m. on Fri., May 11; Sat May 12 from 10 until 11 a.m. Isabelle Coleman of Appomattox will be doing the demonstration. Tacking will be demonstrated on Fri. May 5 from 10 until 1 p.m. and on Sat. from 5 until 6 p.m. Pauline Reeves from Appomatox will be handling the demonstration. Log Cabin will be demonstrated by Ethel Evans of Appomattox from 1 until 2 p.m. on May 11.

The Log Cabin will be demonstrated on Sat. from 6 to 7 p.m. by Betty Brochard of Appomattox. Applique will be demonstrated by Irby of Campbell county.

Furniture Restoration - Chair Bottoms from 11 a.m. until 12 noon on Friday and from 11 a.m. until 12 noon on Sat. and from 5 to 6 p.m. Friday, May 11 by Katie Martin of Appomattox on Fri., May 11 from 7 to 9 p.m. by Gay Stevens of Appomattox and from 3 to 4 p.m. by Lorene Lucado of Appomattox; from 6 to 7 p.m. on Sat. by Elaine Hampton of Appomattox.

In the category of pillows - Counted Cross Stitch 10 to 11 a.m. Fri. and 10 to 11 a.m. by Frances Wilson of Appomattox; Crochet - 11 to 12 noon Fri. and 11 to 12 noon Sat. by Susie Gallier of Appomattox; Candlewick - Joan Womack of Campbell County.

Calendar of Events

MONDAY, MAY 14

The Falling River Country Club Women's Committee will meet Monday, May 14 at the clubhouse.

All club ladies are invited to join, dues are $10, payable to Debbie Lucado.

TUESDAY, MAY 15

The Appomattox Homemakers Club will meet at the Country Fare Restaurant on May 15 at 10:30 a.m. All members are urged to attend.

TUESDAY, MAY 15

The Country Lane Homemakers Club will meet on Tuesday night, May 15 at the home of Nannie Davidson.

Meeting time is 7:30, Mrs. Davidson will present the program on "Revitalizing Home Furnishings."

Historical society meets

The Appomattox County Historical Society, at it's annual meeting, had as guest speaker Miss Sarah Hickson, Head Librarian of Jones Memorial Library, Lynchburg. Miss Hickson explained the services of Jones Memorial Library. She explained in detail the value of retaining written documents for future generations. If one has written letters, from service men, documents, old publications, newspaper clippings, please pass these on to Mrs. Minerva Kepler, curator of the local museum, Rt. 4, Appomattox, Va. 24522.

A large audience including many guests enjoyed Miss Hickson's enlightening talk.

The Appomattox County Historical Society is open to persons interested in history of Appomattox County membership dues are $7.50 per year and are now due and payable to the treasurer, Mrs. Sarah Wayne, Pamplin, Va. 23958.

At the bargain price of $7.50 per person per year one may learn more about the history of Appomattox County, make new friends, and share historical knowledge of the early development of Appomattox County. Some of your family and friends may have had a large hand in it. The society year runs April 1 to March 31.

The Board of Directors has elected the following officers: President - Cecil Crawley; Vice-President - Claudine O'Brien; Secretary - Betty Drinkard; Treasurer - Sarah Wayne; Public Relations Chairman - Gertrude Wooldridge; Membership Chairman - Frances Harvey; Program Chairman - Claudine O'Brien; By-Laws Chairmen - Eston Harvey and Frances Harvey; Good Will Chairman - Kathleen Caldwell; Historical Landmarks Research and Publications Chairmen - Jimmy and Betty Drinkard; Finance Chairman - Sarah Wayne; Hospitality - Lucille Ferrell and Ethel Evans; Educational Chairman - Harriett Cunningham; Historical Field Trip - Edith Nash; Research of Old Stores and Mills - Minerva Kepler.

The trustees of the Appomattox County Historical Museum are: Charles T. Moses, Watkins M. Abbitt, Sr., Annie Hancock, Jimmy Drinkard, Jeter W. Wooldridge.

Mrs. Minerva Kepler is curator.

Country Junction
Will Open
May 17th

To The Citizens of Appomattox:
Thank you so much for your Vote and Support in last Tuesday's election.
H. W. (Billy) Conner

To those who supported and voted for me in the Town Election held May 1st, I thank you.
Ronald C. Spiggle

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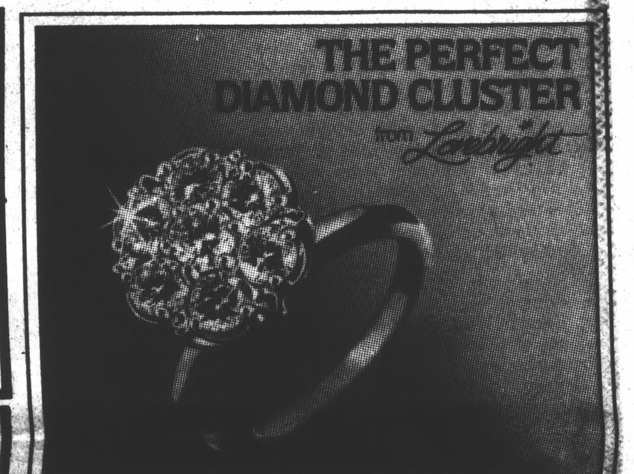

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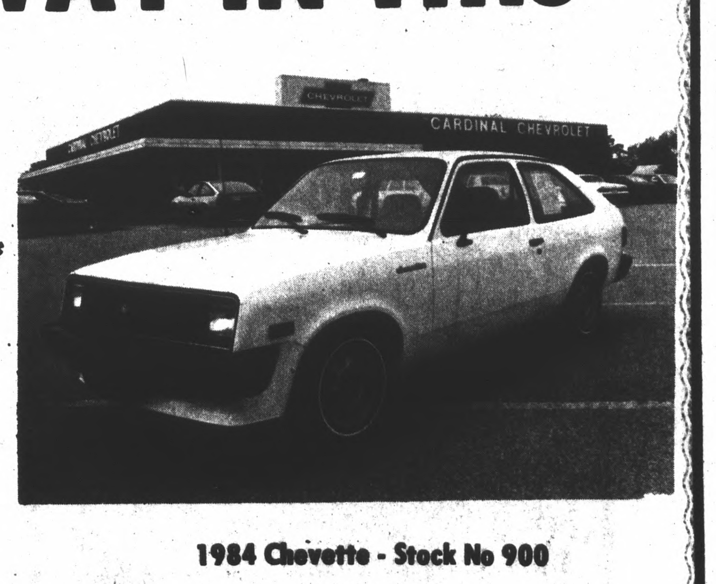

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